

Psychotherapy

Name _____

Hr. ___ Location _____

<http://www.learner.org/discoveringpsychology/22/e22expand.html>

“To say that a particular psychiatric condition is incurable or irreversible is to say more about the state of our ignorance than about the state of the patient.”

---Milton Rokeach

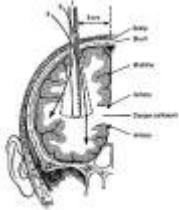
Questions to answer as you watch:

Part I: Biomedical approaches

1. *The biomedical approach is based on what premise?*

- a. treatment must be biologically based to eradicate the disorder
- b. the bio-psycho-social model is applied

Psycho surgery: cutting the nerves fibers that connect the frontal lobe with the thalamus



2. *The prefrontal lobotomy is no longer widely used. What was the main disadvantage of this operation?*

- a. high mortality rate
- b. some got violent
- c. made the symptoms worse
- d. made subjects emotionally flat

3. *Electro convulsive shock therapy has been effective mainly in cases of people suffering from:*

- a. schizophrenia
- b. depression
- c. amnesia
- d. anxiety

4. *What side effect might a person who received ECT suffer from?*

- a. depression
- b. memory loss
- c. vestibular disorientation

5. *Vinnie suffers from manic depression disorder, but his mood swings are kept under control because he takes the drug:*

- a. valium
- b. vicodin
- c. lithium
- d. qualudes

6. *The Woodruff family receives genetic counseling because of a particular kind of mental retardation that runs in their family. What is the purpose of this counseling?*

- a. explain the probability of passing on defective genes
- b. helping to eliminate the attitudes of biological biasing

Part II: Psychotherapy

7. *In psychodynamic therapy, what is the source of disorder?*

- a. learning and reinforcement of nonproductive behaviors
- b. unresolved conflicts in childhood experiences

OVER

Dr. Hans Strupp discusses the elements necessary from both patient and therapist for successful psychotherapy.

8. The key ingredients of successful psychotherapy are

- a. a patient who can work in therapy
- b. a therapist who can work with his or her patient, and
- c. a relationship between the two allowing them to work together over time
- d. all of these are necessary



9. In Freud's view much of the contents of the mind are _____ thoughts, that can't be studied because they are too _____ to the self esteem. In treatment, emphasis is focused on the development of the _____.

10. The basic techniques of psychoanalysis include:

- a. free association
- b. analysis of the patient's defenses
- c. dream analysis
- d. all of these

Behaviorism

11. The therapist is handling dental instruments. What is he doing?

- a. using fear reduction strategy
- b. teaching a new behavior

12. The therapist helping the girl to learn to control seizures is making what use of the pen?

- a. it signals the onset of attacks
- b. it reinforces the correct action for an attack

Cognitive

13. Albert Ellis' goal in counseling is to change his client's _____ during his Rational Emotive Therapy sessions.

14. When Dr. Ellis works with the young woman, what point is he making?

- a. every normal person strives to achieve fulfillment
- b. the belief is what creates the "hurt"

Humanistic

15. According to Rollo May, what is the main task of the therapist?

- a. substitute new behaviors for old ones
- b. affirm the potentialities of the individual

Evaluating therapies

16. What point does Enrico Jones make about investigating the effectiveness of different therapies in treating depression?

- a. all therapies are equally effective
- b. the job is complicated by the different kinds of depression

